Peach and Yogurt Dessert Couscous

2 cold dessert bowls, each with half the couscous, 60 g/about 1/4 cup yogurt and 75 g/2 3/4 oz peaches | Active 18 min | Cook 3 min | Total 120 min (cold service)

Ingredients

- 56 g plain fine instant couscous (about 1/3 US cup for the specified product), whose label calls for about 120 ml/1/2 cup water and a 5-minute covered off-heat stand
- 120 ml water (1/2 cup)
- 10 g granulated sugar (about 2 1/2 tsp)
- 5 g unsalted butter (about 1 tsp)
- 120 g plain pasteurized-milk yogurt (about 1/2 cup), kept refrigerated
- 150 g (5 1/3 oz) canned ready-to-eat peach flesh, drained, chopped into 1 cm/3/8 in pieces and chilled
- 2.5 ml vanilla extract (1/2 tsp)

Set out

1000 W microwave with turntable, Kitchen scale and measuring jug, Spoon, Fork or small whisk, Oven mitts, Food thermometer used outside the microwave, Microwave-safe bowl, at least 1.5 L/about 1 2/3 US qt measured capacity, Microwave-safe vented cover, Shallow food-safe cooling dish, usable base at least 15 ×15 cm/about 6 ×6 in, Two dessert bowls, each at least 300 ml/about 1 1/4 US cups usable capacity, Can opener and sieve, Knife and board, Refrigerator at 40°F/4°C or below

Allergens

Wheat, Milk. Check labels and substitutions.

Make it

1. Put the 120 ml water and sugar in the 1.5 L bowl. Cover with a vent and microwave at 1000 W full power for 2-3 minutes, stirring after 90 seconds, until visibly boiling. Stir in all 56 g couscous and all the butter, cover with the vent open and stand off the heat for the full 5 minutes. Fluff with a fork; all grains must be soft, with no dry center. Use only a product matching the stated ratio and stand.

2. Spread the complete cooked couscous in the shallow cooling dish, about 1 cm/3/8 in deep or less. Let heavy steam escape briefly, then cover and refrigerate promptly. Allow about 60 minutes until 40°F/4°C or below, extending if needed; do not leave it on the counter to cool fully.

3. Fold the cold yogurt, chilled drained peach pieces and vanilla through all the cold couscous. Divide equally between the two dessert bowls. Cover and refrigerate for about 30 minutes more, until the assembled dessert is again 40°F/4°C or below.

4. Serve the two complete portions cold. Stir once if the yogurt has settled around the grain. No peach syrup, mint sprig, nuts or extra yogurt are included.

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The syrup is excluded

The 150 g is drained peach flesh. Packing juice is not poured into the already measured grain liquid.

Fine grain is the intended texture

The soft tiny grains remain perceptible in the yogurt; the dessert is not a smooth custard.

Ingredient labels

Couscous contains wheat/gluten; butter and yogurt contain milk. Check vanilla and fruit labels. The soy-yogurt variation changes the allergen list.

A useful detail

The 120-minute cold-service plan allows 8 minutes of preparation, up to 3 minutes of heating, the 5-minute grain stand, 4 minutes to spread and cover, 60 minutes of first chilling, 5 minutes to combine, 30 minutes of final chilling and 5 minutes to serve. The baseline is 1000 W. Actual grain tenderness and 40°F/4°C cooling control, so the refrigeration stages may take longer.

Another way

Replace 150 g/5 1/3 oz chilled drained canned peaches with 150 g/5 1/3 oz chilled drained ready-to-eat canned apricots, chopped to the same size. No canning liquid is added.

Use 120 g/about 1/2 cup plain unsweetened soy yogurt and 5 g/about 1 tsp label-compatible plant spread instead of dairy yogurt and butter. Soy or other spread allergens may be added; keep the same cold assembly route.

Keep it well

Keep both portions at 40°F/4°C or below and use within 2 days or an earlier yogurt or opened-fruit deadline. The grain is chilled promptly and the finished dessert is eaten cold, without a reheating cycle. Discard served portions left out beyond 2 hours, or 1 hour above 90°F/32°C. Do not treat canned-fruit syrup as a shelf-stable preservative for a dairy dessert.